



Reiki attunement and what to expect afterwards

Unlike other healing arts, Reiki is passed from master to student through a Reiki attunement that allows the student to connect to the universal Reiki source. The attunement allows you to become a vessel of Reiki and move Reiki energy for yourself and others. While you can read about Reiki in a book and learn hand positions, until you have been attuned to channel Reiki, you cannot truly practice Reiki.

What does it feel like to get an attunement?

Receiving a Reiki attunement is a powerful spiritual experience, as your energetic pathways are opened by a Reiki master. This energetic opening allows the Reiki energy to flow freely through your body to impact your health and the health of others.

The feeling of a Reiki attunement is a personal one, but students often report that they feel a lightening of their body and tingling from their head to their toes as the Reiki energy pathways are opened.

The opening of an attunement has the effect of enhancing other energetic healing and channeling pathways, and students report that receiving an attunement causes increased intuitive awareness and enhances any innate psychic sensitivity.

What would you recommend after an attunement?

Drink lots of water in the next few days, get plenty of rest. Spend time in nature, journaling, and meditation. Spend as little time possible on social media, watching the news, stressful situations etc. Allow this new energy vibration to settle and enjoy it!





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Feeling emotions after attunement

After a Reiki attunement it is common to have sudden surges of emotions. This may show up as crying, anger, or anxiety. The emotional storms may not always be negative emotions. Elation, joy, or excitement likely will follow a Reiki attunement.

Your energy channels have been opened, and it would be expected to feel many emotions during the initial period after your attunement. Acknowledge the emotions, breathe, and let them pass.

Is there a detox process?

People often note mild detox symptoms that usually fall into the realms of physical and emotional healing, as well as facilitating a deeper spiritual awareness or connection. Detox symptoms generally last for 1-3 weeks.

It can also be described as a life detox. It so powerfully transforms and heals our energy system, that many of the old tools we have used - careers, relationships, interests, living environments, etc. may change naturally, as we no longer carry the need for them in our energy.

If you were to keep a journal of the next year, you will find that your life circumstances and way of viewing life is drastically changed for the better. This change for some, will alter the course of their lives and for others indicate a time where the focus of the Universe appears or feels more directly aimed at their growth and transformation.

As changes come, let them come and go with peace and continue daily Reiki self-treatments as often as possible. Know that any changes this may offer, are always guided by the loving force of Reiki, Source, and our Higher Self. Just as Reiki can do no harm, know that the Reiki attunement follows these same principles.





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How else will Reiki impact me?

You may notice an increase (or development of) psychic, intuitive and creative abilities. By raising your vibratory level, you will begin a transformational process on all levels and aspects of your life.

Does an attunement need to be renewed?

Once you have been attuned to Reiki, the Reiki energy will flow through you for the rest of your life. Your ability to channel and move Reiki energy remains with you, as the gift of Reiki follows you and helps you for the rest of your life.

How often should I practice with my Reiki?

Reiki is meant to be used, and often! You can't be a good driver if you never take your car out of the garage! Use on yourself, your pets, your loved ones, send to the world.

Namaste!

Helen

